

## Objective 8: Reduce the Suicide Rate

Maryland SHIP Vision Area 2: Healthy Social Environments  
Tools, Resources, and Promising Practices  
updated February 2012



### Information, Facts and Figures

[Suicide Prevention Resource Center](#)

Nationwide prevention and resource center with links to resources, fact sheets, data and other tool kit materials.



[Mental Health](#)

Many suicides result from depression. This site includes resources to improve and maintain good mental health and prevent mental illness.



[National Prevention Strategy](#)

The National Prevention and Health Promotion Strategy p. 48-50 provides helpful ideas for how you can expand access to mental health services and suicide prevention.



[Adolescent Health](#)

Includes adolescent-focused resources.



### Tools

[National Institute of Mental Health Tools](#)

The National Institute of Mental Health provides tools and professional literature on suicide prevention strategies, resources and educational materials.

